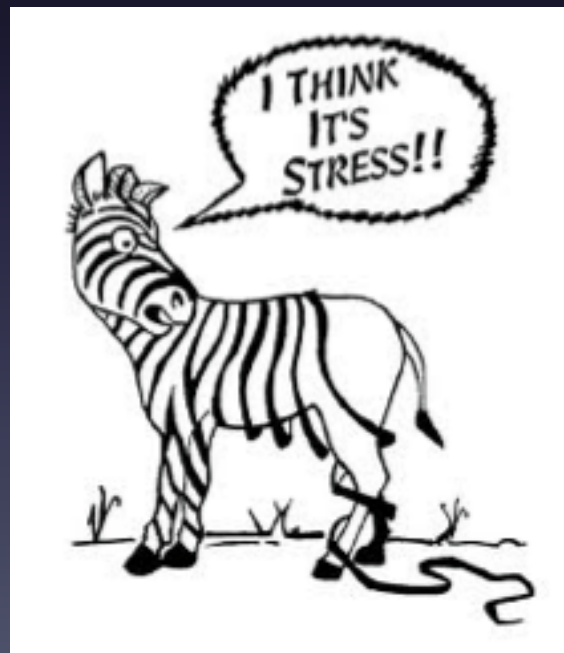


Stress and Health

Ms. Laufer



Sources of Stress

- Stress
 - A person's reaction to his or her inability to cope with a certain tense event or situation
 - An event that produces tension or worry



Components of Stress

- Stressor
 - A stress-producing event or situation
 - Not the same for everyone
- Stress Reaction
 - The body's response to a stressor



Components of Stress



- Distress
 - Stress that stems from acute anxiety or pressure
 - The bad stress



- Eustress
 - Positive stress which results from motivating strivings and challenges

Conflict Situations

- Conflict Situation
 - When a person must choose between two or more options that tend to result from opposing motives



Conflict Situations

- Approach–Approach Conflict
 - Individual must choose between two attractive alternatives
 - EX: Do I want to go to the movies or go to a concert?
- Avoidance–Avoidance
 - Individual confronts two unattractive alternatives



Conflict Situations

- Approach–Avoidance
 - Individual finds themselves in a situation that has both enjoyable and disagreeable consequences
 - EX: Should I ask if there is homework tonight?
- Double Approach–Avoidance Conflict
 - Individual must choose between two or more alternatives, each of which has attractive and unattractive aspects.
 - EX: Should I fill in for someone at work or should I just pass and go out with my friends

Conflict Situations

- Primary Appraisal
 - Our immediate evaluation of a situation
- Secondary Appraisal
 - Involves deciding how to deal with a potentially stressful situation

Environmental Stressors

- Conditions such as...
 - Noise
 - Crowds



Life Changes and Stress

- Major life changes
 - Marriage, serious illness, a new job, moving away, death in the family
- Holmes and Rahe
 - Scale to measure effects of 43 common events
 - Social Readjustment Rating Scale (SRRS)
 - Ranged from death of a spouse to going on a vacation

Hassles

- Common stressors
 - Day-to-Day stressors
 - Losing car keys, being late for work or school
- Gradually weaken the body's defense system, making it harder to fight off potential health problems

Uplifts

- Small positive events
- Protects against stress
- Make a person feel good
 - Winning a tough game, having a good time out with friends, doing well on a test



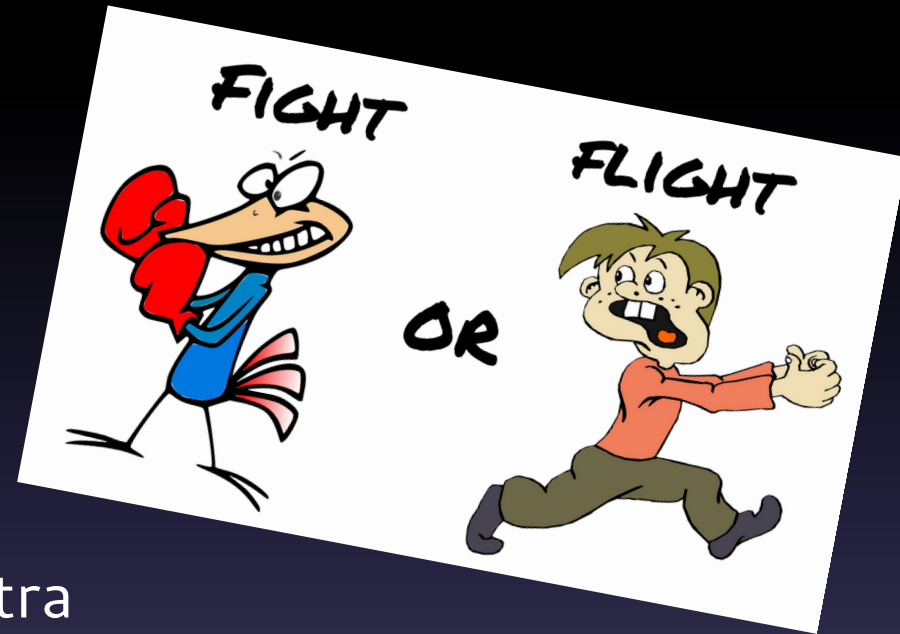
Reaction to Stress

- If you encounter a stressor, you will react to it
- There are physiological and psychological
- Many are automatic

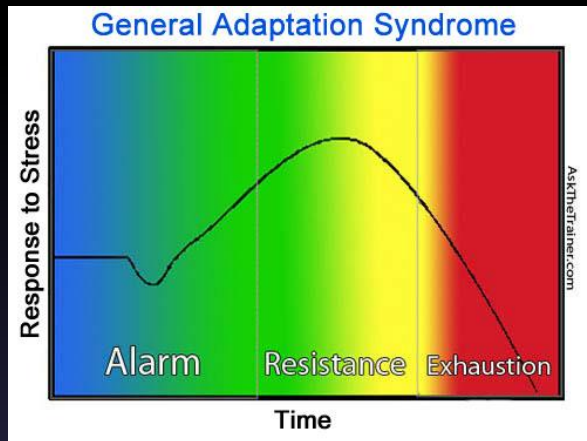


Fight-or-Flight Response

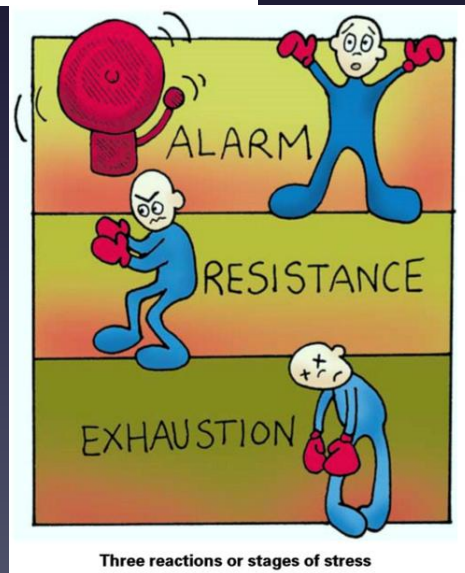
- You either prepare for self-defense or to run away
- Adrenal Glands
 - Increase hormones that give you more blood sugar for extra energy
 - Adrenaline increases heartbeat and breathing



General Adaptation Syndrome



- Hans Selye
 - 3 Stages of body's stress reaction



- Alarm
- Resistance
- Exhaustion

Alarm

- Body mobilizes its fight-or-flight defenses
- Heartbeat and breathing quicken
- Muscles tense
- Pupils dilate
- Hormones that sustain these reaction are secreted



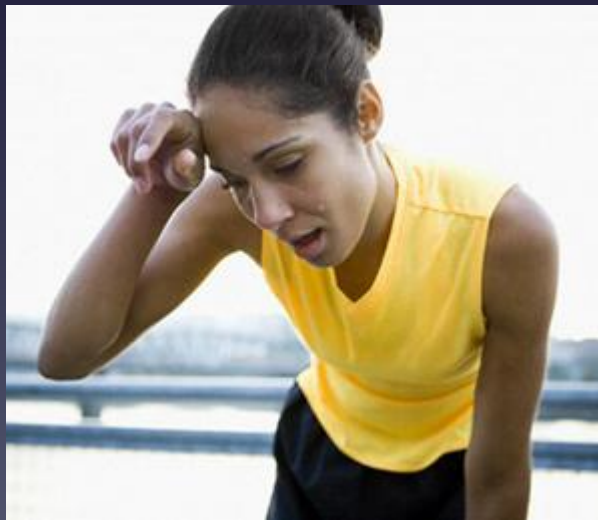
Resistance

- Finds means to cope with the stressor and ward it off



Exhaustion

- Adrenal and other glands have been taxed to their limit and become unable to secrete hormones

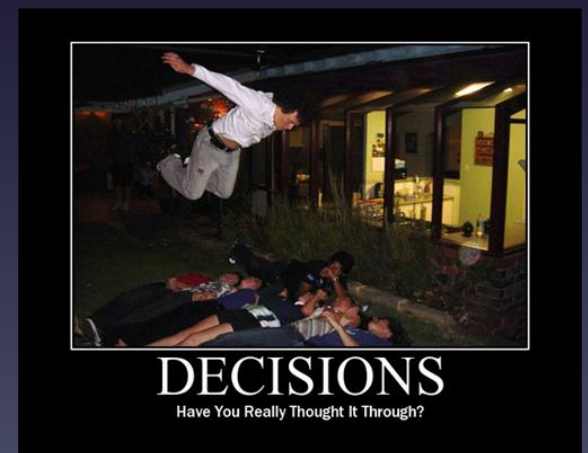


Emotional Responses

- Short-term psychological stress reactions
 - Anxiety
 - A vague, generalized feeling of imminent but unclear threat or danger
 - Anger
 - Irrate reaction likely to result from frustration
 - Fear
 - Usual reaction when a stressor involves real or imagined danger

Cognitive Responses

- Difficulty in concentrating or thinking clearly
- Recurring thought
- Poor decision making



Behavioral Reactions

- Negative
 - Nervous habits
 - Eating habits
 - Smoking or drinking
 - Drugs
 - Fatigue
- Positive
 - Risking their lives



Physical Reactions

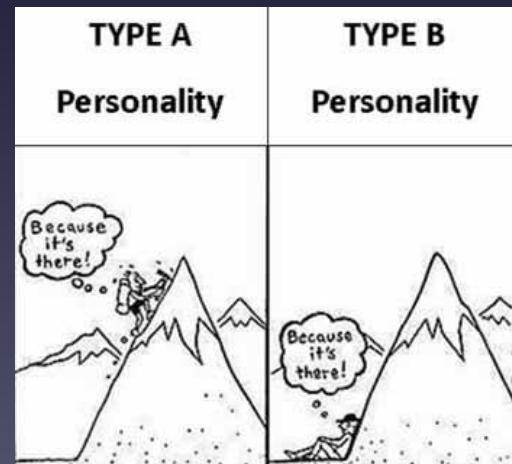
- Psychosomatic Symptoms
 - Real physical symptoms that are caused by stress or tension
- Cause illness
 - Tampers with the immune defense system
 - Immune System if the body's natural defense system against infection

Factors of Stress

- Personality Differences

- Type A and Type B

- Type A: Always prepared for fight or flight, extremely irritable
 - Type B: Generally relaxed, patient, and don't come to angry easily



Factors of Stress

- Social Support
 - Information that leads someone to believe that he or she is cared for, loved, respected, and part of a network of communication and mutual obligation



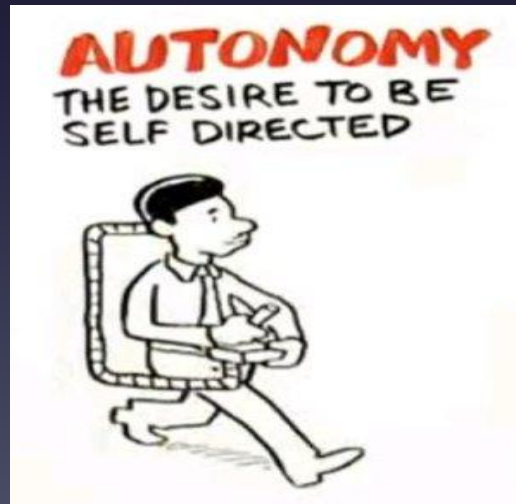
Social Support

- Four kinds of support
 - Emotional
 - Concerned listening
 - Appraisal
 - Listener feeds back information and probing questions
 - Informational
 - Stressed person responds to what he or she had learned and evaluates how they will deal with the stressor
 - Instrumental
 - Active, positive support in form of direct help



Stress in Your Life

- Autonomy
 - Ability to take care of oneself and make one's own decisions



Stresses in your Life

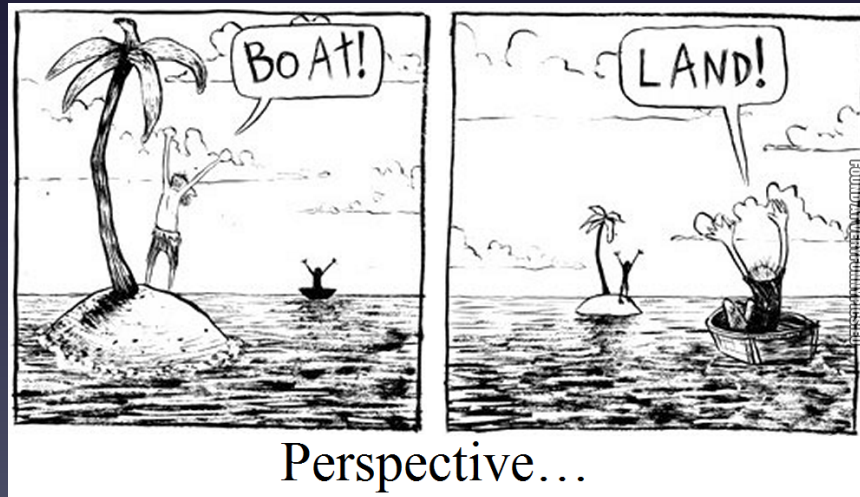
- Choosing College
 - Developmental Friendships
 - Friends force one another to reexamine their basic assumptions and perhaps adopt new ideas and beliefs
 - Resynthesis
 - Combining old ideas with new ones and reorganizing feelings in order to renew one's identity

Working

- Work Satisfaction and Dissatisfaction
 - Resources
 - Financial Reward
 - Challenge
 - Relations with coworkers
 - Comfort
- Changing Careers
- Comparable Worth
 - Concept that women and men should receive equal pay for jobs calling for comparable skill and responsibility

Psychological Coping Strategies

- Cognitive Appraisal
 - Interpretation of an event that helps determine its stress impact



Defensive

- Denial
 - Coping mechanism in which a person decides that the event is not really a stressor
- Intellectualization
 - The person analyzes a situation from an emotionally detached viewpoint

Active Coping Strategies

- Hardiness
 - Personality traits of control, commitment, and challenge
- Controlling Stressful Situations
 - Escape or withdrawal
- Problem Solving
 - rational analysis of the situation that leads to appropriate decision
- Explanatory style
 - Optimist and Pessimist
- Biofeedback

Stress Test

- The next slide has 2 identical dolphins in it. It was used in case study on stress levels at St. Mary's Hospital. Look at both dolphins jumping out of the water. The dolphins are identical. A closely monitored, scientific study revealed that, in spite of the fact that the dolphins are identical, a person under stress would find the differences in the two dolphins. The more differences a person finds between the dolphins, the more stress that person is experiencing. Look at the photograph and if you find more than one or two differences you may want to take a vacation.



Active Coping Skills

- Humor
- Relaxation
 - Progressive Relaxation: Lying down comfortably and tensing and releasing the tension in each major muscle group in turn
 - Meditation
- Exercise

Active Coping Strategies

- Support Groups and Professional Help
- Training
- Improving Interpersonal Skills

